



Join the Team!

Eat Smart. Play Hard.™

Is your program considering how to improve the nutrition and physical activity environment for students?

If the answer is YES, then join the growing number of Child Nutrition Programs across Iowa that are signing up to be a Team Nutrition program. Team Nutrition provides resources and support to programs that are committed to improving the nutrition and physical activity choices of students.

What is Team Nutrition?

Many of you have heard about the USDA's Team Nutrition through the various grants and activities that have been ongoing in Iowa for over ten years. For those of you that may not have had an active part in these plans here is some background information. Team Nutrition is an integrated, behavior based, comprehensive plan for promoting the nutritional health of the Nation's children. This plan involves Child Nutrition Programs, teachers, parents, and the community in efforts to continuously improve program meals and to promote the health and education of 50 million children in more than 96,000 school programs nationwide, plus thousands more child care and summer programs. Team Nutrition's goal is to improve children's lifelong eating and physical activity habits by using the principles of the Dietary Guidelines for Americans and MyPyramid.

What can Team Nutrition do for my program?

- ▶ You can become part of a network of programs leading change around the country by signing up to become a Team Nutrition Program. School Programs will immediately receive a free start-up kit from the United States Department of Agriculture (USDA). You'll also receive electronic Team Nutrition newsletters that will keep you informed about new resources and success stories from programs across the nation.
- ▶ Iowa is unique in that all Child Nutrition Programs including the Child and Adult Care Food Program, Summer Food Service Program, and National School Lunch Program Sponsors, are eligible to be Team Nutrition participants. Team Nutrition enrollment, resources, mini-grant awards and recognition are available to all programs.

- ▶ When USDA Team Nutrition Grant funding is available to the State Agency, up to \$500 mini-grants are available to assist programs that want to enhance nutrition education, link nutrition and physical activity options, make policy changes regarding food and physical activity in programs or conduct events to promote healthy eating and physical activity. Mini-grant forms and examples are available at <http://www.iowa.gov/educate/content/view/373/438>.

- ▶ Be recognized as a program that is promoting a Healthy Nutrition Environment. Childhood obesity and nutrition-related diseases are compromising the present and future health of our children. Child Nutrition Programs have a major role to play in addressing these trends. Programs that enhance nutrition education, expand physical activity options, make policy changes regarding food and physical activity in centers or schools and conduct events to promote healthy eating and physical activity will be recognized by the Iowa Department of Education in conjunction with Iowa Partners: Action for Healthy Kids. Programs may be recognized by an *Eat Smart* award for nutrition events, or *Play Hard* award for physical activity events. For an event that demonstrates comprehensive nutrition and physical activity ideas a *Power Panther* award is available. Applications for these awards are due in the spring of each year and you can go to: <http://www.iowa.gov/educate/content/view/373/438> to download the application form.

Where can I go to join Team Nutrition and get lots of resources and information?

Contact Patti Delger at patti.delger@iowa.gov or 515-281-5657 to enroll in TEAM Nutrition.

The following USDA web site explains what school programs receive when enrolled:

<http://teamnutrition.usda.gov/team.html>

We request that you enroll by contacting Patti Delger, TEAM Nutrition Project Director with the Iowa Bureau of Nutrition, Health and Transportation Services or via our website at <http://www.iowa.gov/educate/content/view/373/438> **not** via the USDA web site. The enrollment information will be forwarded to the USDA. School programs will still receive the USDA materials, but enrolling through the Iowa Bureau of Nutrition, Health and Transportation Services, insures you are on the Iowa database sooner to receive additional Iowa resources. Child Care and Summer Programs receive resources through the Iowa Department of Education.

For additional resources visit this web site: www.fns.usda.gov/tn/. All Programs; school, child care and summer, will find ideas for program activities that have already been used, an on-line catalog of resource materials—many that can be downloaded, and a resource page created for nutrition educators. Parents can find healthy recipes, a ten-step guide for parents to encourage healthy eating at program and fun nutrition-related activities for the whole family. Students are also encouraged to go to this site to find *MyPyramid for Kids* designed by middle program students to provide an interactive approach to learning about their health and nutrition.

Other Online Resources

Team Nutrition curriculum and resources website: <http://teamnutrition.usda.gov/library.html>

Team Nutrition Healthy Meals Resource System: <http://healthymeals.nal.usda.gov>
Dietary Guideline Fact Sheets, new 2008.

USDA resource for personalized eating plan with interactive tool: www.MyPyramid.gov/

Fruit and Vegetables Galore: Helping Kids Eat More; a tool for school foodservice professionals.
Website: http://teamnutrition.usda.gov/Resources/fv_galore.html

HealthierUS School Challenge information on certification and recognition website:
<http://www.fns.usda.gov/tn/HealthierUS/index.html>

Pick a Better Snack & act curriculum ideas and bingo cards website:
<http://www.idph.state.ia.us/pickabetersnack/>

Eat Smart. Play Hard. Resource for children and parents website:
<http://www.fns.usda.gov/eatsmartplayhard/> Resources for educators, new April 2008.

Action for Healthy Kids (AFHK) organization website: <http://www.actionforhealthykids.org>

Healthy School Nutrition Environments information and resource website:
<http://www.fns.usda.gov/tn/Healthy/healthyeatingchallenge.html>

Making it Happen: School Nutrition Success Stories
Website: <http://teamnutrition.usda.gov/resources/makingithappen.html>

Local Wellness Policy and related resource website:
<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>

Changing the Scene: Improving the School Nutrition Environment. A tool kit is available.
Website: <http://www.fns.usda.gov/tn/Healthy/changing.html>

Fit, Healthy and Ready to Learn by the National Association of State Boards of Education (<http://www.nasbe.org>). Part 1: Physical Activity, Healthy Eating, and Tobacco-Use Prevention. Included as part of the "*Changing the Scene*" tool kit.

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide. 2005. Website: www.cdc.gov/HealthyYouth/SHI

ISU Extension website: <http://www.extension.iastate.edu/healthnutrition/>
Click on "Raising healthy kids" for a series of free publications.

Michigan Team Nutrition Healthy School Nutrition Environment Checklist website:
http://www.fns.usda.gov/tn/Healthy/MI_checklist.pdf

Keys to Excellence: Best Practice Standards for School Nutrition Program website:
<http://www.schoolnutrition.org/KEYS.aspx?ID=1158>

Team Up At Home: Hands on nutrition activities for parents.

Website: <http://teamnutrition.usda.gov/Resources/teamupbooklet>

The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions

Website: http://teamnutrition.usda.gov/Resources/power_of_choice.html

2005 US Dietary Guidelines: <http://www.health.gov/DietaryGuidelines/>

Healthy Minutes Segments on IPTV: <http://iptv.org/kids/HealthyMinutes/>